

Check your symptoms with this short quiz:

- Do you snore loudly?
- Do you gasp and choke in your sleep?
- Have you been told you stop breathing while asleep?
- Do you spend 7 or 8 hours in bed but still feel tired?
- Do you take frequent naps?
- Do you fall asleep at odd times, such as during meetings or movies?
- Do you have high blood pressure?
- Do you often feel blue or depressed?
- Have you lost interest in sex?
- Have you fallen asleep while driving?
- Do you have morning headaches?

These are strong signs of a sleep disorder such as sleep apnea. If you have any of these symptoms, see a doctor for help.

Treatment for Sleep Apnea

There is a treatment for sleep apnea called **continuous positive airway pressure (C.P.A.P.)**. It helps to reduce daytime sleepiness. You wake up feeling refreshed and rested.

Please see your doctor if you have concerns about your sleep and sleepiness.

Alert!!!

Drive alert and arrive safely!

People with untreated sleep apnea have seven times greater risk of having a car accident.

Tips for Safe Driving

- ➔ Avoid alcohol, tranquilizers and other medications that cause you to be drowsy.
- ➔ Travel with a friend to help drive while you rest.
- ➔ Pull over when you feel tired and take a nap, stretch or take a short walk.
- ➔ Plan your trip so you are not over tired or stressed.
- ➔ Drive in daylight hours if possible. Drive when you are most alert.

The Lung Association

Visit our Sleep Apnea website at www.lung.ca/sleepapnea

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THE  LUNG ASSOCIATION™

ASLEEP AT THE WHEEL???



Do you have trouble staying awake while driving?

Important information to keep you and loved ones safe!

Sleepiness and Motor Vehicle Accidents

Being sleepy is dangerous when you are behind the wheel of a vehicle.

Sleepiness:

- ➔ Slows reaction time
- ➔ Decreases awareness
- ➔ Impairs judgment

Just like drugs or alcohol, sleepiness can contribute to accidents .



Are you driving under the influence of sleep apnea?

Most people know how dangerous drinking and driving is----- driving drowsy can be just as deadly as driving drunk.

Danger Signs for Drowsy Drivers

Which of these signs do you have while driving?

- Your eyelids droop or your vision gets blurry.
- You have trouble keeping your head up.
- You drift between lanes, tailgate or miss traffic signs.
- You can't stop yawning.
- Your thoughts wander.
- You do not remember driving the last few miles.
- You have drifted off the road or had a near miss.
- You keep jerking the vehicle back into the lane.

If you have even **one of these symptoms while driving**, you may be in danger of falling asleep.

Pull off the road and take a nap.

What is Sleep Apnea?

A surprising number of people are sleepy during the day due to sleep apnea (ap-nee-ah).

Apnea means pauses in breathing. During sleep, loud snoring may be followed by silence or periods of no breathing.

A body jerk, snort, gasp or change in position arouses the person enough to start breathing again.

This pattern can repeat hundreds of times during the night. The result is poor quality sleep.

Sleep apnea can affect all age groups.

Even teenagers and children may have sleep apnea.

- One in every five adults has mild sleep apnea.
- One in every fifteen adults has moderate sleep apnea.
- 1-3% of children and teens have sleep apnea.

Try the Sleepiness Test

The Epworth Sleepiness Scale

Use this scale to pick the most suitable number for each situation.

0 - would never doze

1 - slight chance of dozing

2 - moderate chance of dozing

3 - high chance of dozing

Situation <input type="checkbox"/>	Chance of dozing
Sitting and reading.....	_____
Watching TV.....	_____
Sitting inactive in a public place like a theatre or meeting	_____
As a passenger in a car for an hour without a break.....	_____
Lying down to rest in the afternoon when circumstances permit.....	_____
Sitting quietly after lunch without alcohol.....	_____
In a car, while stopped for a few minutes in traffic	_____
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
Total your score	_____

A score of **10 or more** means you need to talk to your doctor about tests for causes of your daytime sleepiness.